

Adapted from the NHLB Guidelines for the Diagnosis and Management of Asthma, Expert Panel Report 2,
NIH Publication No 97-4051, July, 1997

Clinical Features Before Treatment				For adults and children aged > than 5 years who can use a spirometer or peak flow meter	
<i>The presence of one of the features of severity is sufficient to place a patient in that category. An individual should be assigned to the most severe grade in which any feature occurs.</i>					
Classification	Step	Symptoms*	Nighttime Symptoms	FEV1 or PEF** percent predicted normal	PEF variability (%)
Severe persistent	4	Continual symptoms Limited physical activity Frequent exacerbations	Frequent	≤ 60%	> 30%
Moderate persistent	3	Daily symptoms Daily use of inhaled short-acting beta 2-agonist Exacerbations affect activity Exacerbations > 2 times a week; may last days	> 1 per week	>60% - <80%	> 30%
Mild persistent	2	Symptoms> 2/week but < 1/day Exacerbations may affect activity	> 2 per month	≥ 80%	20% - 30%
Mild intermittent	1	Symptoms ≤ 2/week Asymptomatic and normal PEF between exacerbations Exacerbations brief (from a few hours to a few days; intensity may vary)	≤ 2 per month	≥ 80%	< 20%

*Patients at any level can have mild, moderate, or severe exacerbations. Some with intermittent asthma experience severe and life threatening exacerbations separated by long period of normal lung function and no symptoms.

**Percentage predicted values for forced expiratory volume in 1 second (FEV1) and percentage of personal best for peak expiratory flow (PEF)